



# Healthcare Referral

## Implementation Guide Highlights

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- ❑ A general description of *in motion* and the benefits of physically active lifestyles for adults, and a rationale for targeting healthcare professionals.
- ❑ Six specific planning steps which describe a proven process for developing a new health promotion strategy in any community, targeting healthcare professionals. This outline will ensure that the community is following a successful plan for implementing the Healthcare Professional strategy of their *in motion* strategy.
- ❑ An overview of an evaluation component, which can be implemented in conjunction with the strategy to achieve and measure success.
- ❑ The **PACE Canada Kit** (Physician based Assessment and Counseling for Exercise), which outlines the process developed by the Canadian Fitness and Lifestyle Research Institute (CFLRI) to have health care professionals effectively “prescribe” physical activity for health benefits.

# Healthcare Referral

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PARmed X for Pregnancy

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